

Finding Balance

Week 3: Making an action plan



How you respond to stress is up to you

Last week, we started looking at specific stressful events and examining how you react to them. This week, you'll take a closer look at how you cope to see if there's anything you'd like to do differently.

It can be as simple as trading a negative action for a positive one – like [deep breathing](#) instead of overeating. Small changes like that can make a big difference in how you feel. So try setting a goal this week, and make an action plan to achieve it.

 **Open your stress management workbook and start the week 3 activity.**



Your guide to a less stressed life

Find out how stress affects you – and what you can do about it – in the [Finding Balance stress management guide](#).